

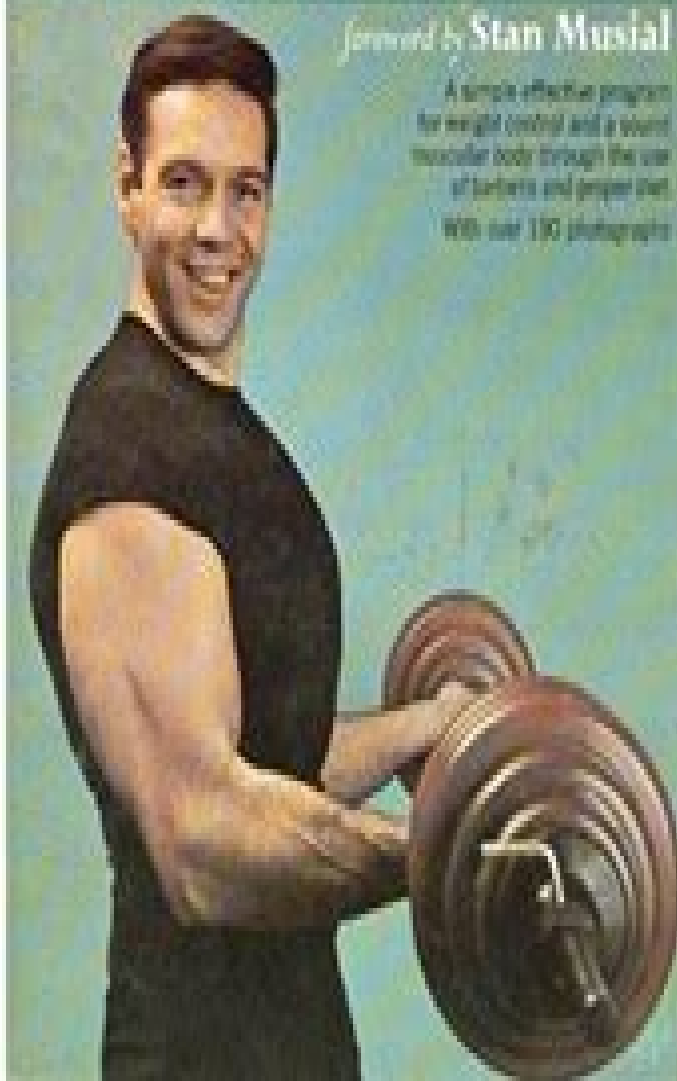
THE BARBELL WAY TO PHYSICAL FITNESS

Bruce Randall (Mr. Universe)

foreword by Stan Musial

A simple effective program
for weight control and a sound
muscular body through the use
of barbells and proper diet.

With over 100 photographs



The Barbell Way To Physical Fitness

KJ Lindholm-Leary



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